

# Flourish

## 11+ year olds

Our Flourish groupwork programme is for children and young people aged 11-18. It aims to equip children and young people with a better understanding of mental and emotional health, coping strategies and emotional resilience through a range of creative and engaging activities.

There are a maximum of 8 young people in any group that will be of a similar age to you. It is a rolling group, so young people will join and leave at different times. The programme is for 8 weeks, each session is for 1 hour.

Topics include:

- Understanding anxiety
- Coping strategies
- Managing low mood
- Challenging negative thoughts
- Improving self esteem
- Managing stress
- Building resilience
- Physical well being and responding to problems

If you have any further questions, please contact us:



**01162543011**



**reception@rllr.org.uk**

## What to expect...

When you arrive to your first session, you will be guided into our waiting room by our friendly receptionists, they will ask you to complete some short paperwork which you can do with the support of your parent or carer.

Our Flourish deliverers will then come and collect you from the waiting room and take you upstairs to our Flourish room. The same deliverers will normally be in your group every week.

Each session can be different, sometimes we may talk, draw, or use worksheets.



Everything you say in the group will remain confidential, this means it will stay private. However, confidentiality may be broken if the deliverers are concerned you are at risk. This will be explained to you in your first group.

## What young people say...

Thank you Flourish for giving me techniques that are so good that I share them with my friends. I was really nervous about coming at first, but it was not as bad as I thought and I enjoyed it.

It's okay to feel worried or a bit scared at first, everyone at Flourish is there to support you.

At first I was scared but then I realised that everyone else who came to Flourish felt the same as me, so it is okay to be scared.

Flourish has really helped me and made me aware that there are other people that feel like me! I hope you have the same experience.

The Flourish workers were really nice and non-judgemental, it was a very nice experience.